

WHAT ABOUT OTHER HELPERS?

Case Management will not take the place of family, friends or neighbors who are already helping you. It will support their efforts and fill in where needed.

HOW DO I FIND OUT MORE?

Call your local Area Agency on Aging. These agencies work to address the needs of persons 60 years and older. They also run the CMPFE program in local communities. Iowa's Area Agencies on Aging strive to improve the quality of life for Iowa's older adults.

Case Management Program for Frail Elders (CMPFE)



WHAT DOES IT COST?

There is no cost to you to be in the Case Management Program. There may be a fee for the services you receive.



To locate your Area Agency on Aging, contact the Iowa Association of Area Agencies at (515) 255-4004 or (toll free) 866-468-7887

Iowa Department of Elder Affairs
510 East 12th Street, Suite 2
Des Moines, IA 50319
www.state.ia.us/elderaffairs
(515) 725-3333 • (515) 725-3300 FAX
Issues & Answers Hotline
(800) 532-3213

WHAT IS CMPFE?

The Case Management Program for Frail Elders (CMPFE) coordinates services that can help you stay safely in your own home. Both health and social needs are addressed. In order to qualify for the program, you need to be at least 60 years old, live in Iowa, and have a need for long term care services.

WHY SHOULD YOU BECOME A PART OF THE PROGRAM?

- You and your family will have more information to make choices about services you may need.
- When agencies work together, they can be sure you are getting all the help needed without overlap or gaps.
- You will only have to call one person, the Case Manager, instead of several agencies or organizations.
- Your needs can be taken care of before emergencies arise.

HOW DOES IT WORK?

Step 1: An In-Person Assessment

A person from the Case Management program will set a time to come to your home and ask you questions about your needs. You can have a family member or friend there while the review, or assessment, is done. The interviewer will ask you if he or she can discuss the information you give with the agencies that will be providing services to you.

Step 2: Developing a Plan

The Case Manager will talk with you about what services might work best for you based upon the assessment. You will be given information about the agencies that provide those services in your community. Together you will develop a personalized plan of care.

Step 3: Setting Up Services

After you make the final decision about the services you will need and choose who you would like to provide these services, your Case Manager will arrange for the services and will check on the services to make sure they meet your needs.

Step 4: Ongoing Monitoring

Your Case Manager will continue to be available to coordinate services and act as your advocate. At least once a year, another assessment of your needs will be done. At that time your plan of care will be reviewed to see if changes need to be made.

